

What is the relationship between diet self-monitoring and body weight? (DGAC 2010)

Conclusion


Strong evidence shows that for adults who need or desire to lose weight, or who are maintaining body weight following weight loss, self-monitoring of food intake improves outcomes.

Grade: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between self-diet monitoring and body weight in adults?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between diet self-monitoring and body weight?](#)